

MEMORANDUM

STATE OF UTAH
DEPARTMENT OF HEALTH

To: All Department and Agency Heads

From: David M. Sundwall, MD
Executive Director, Utah Department of Health

Date: August 17, 2005

Subject: Governor Huntsman's Work Well Recommendations and
Support for the Healthy Utah Program

David Sundwall

I am writing to urge you to implement Governor Huntsman's Work Well Recommendations at your agency. This simple plan, which can be found at www.healthyutah.org/workwell (see enclosure), is designed to help our hard-working employees be their healthiest.

I encourage you to form a team within your agency to address employee wellness at the local level. These "wellness councils" should be used to support health promotion programs in your department and satellite offices throughout the year. The Healthy Utah program offers technical and financial help in the formation and maintenance of such teams.

Please support your employees in attending Healthy Utah assessment workshops. Healthy Utah helps workers lower their risks for the leading causes of disease, disability, and death, and targets those who want to improve their health. Worksite health promotion programs can increase employee productivity and morale, decrease absenteeism, lower medical utilization rates and, most importantly, increase our employees' chances of living healthy and productive lives.

To continue our commitment to a healthier and more productive workforce, please:

- Form Wellness Councils within your agencies to address Governor Huntsman's Work Well plan;
- Identify one staff member who will serve as the Healthy Utah contact person for your department and ask that person to contact Kathy Paras, Healthy Utah Program Manager, at 801-538-6261;
- Encourage your employees to attend Healthy Utah workshops; and
- Support on-going wellness efforts within your department.

As administrators, we must support efforts to manage health care costs by keeping employees healthy. The Healthy Utah program is one of our most useful tools in this endeavor. You can access Healthy Utah information at www.healthyutah.org. If you have any additional questions concerning Healthy Utah, please call (801) 538-6261 or 888-222-2542.